What is claimed is

1. A transmission rate switching control method for a mobile communication system where the system permits a plurality of mobile stations to share the same resources and, in accordance with the amount of information transmitted and received, switches a transmission rate for each mobile station, the method comprising the steps of:

switching the transmission rate for each mobile station in accordance with the amount of information transmitted or received; and,

after switching the transmission rate for a certain mobile station of the mobile stations, halting the next switching control of the transmission rate for the certain mobile station for a predetermined period of time.

2. A mobile communication control apparatus for permitting a plurality of mobile stations to share the same resources and, in accordance with the amount of information transmitted and received, for switching a transmission rate for each mobile station, comprising:

a transmission rate switching controller configured to switch the transmission rate for each mobile station in accordance with the amount of information transmitted and received; and

a switching control halting unit configured, after a switch of the transmission rate for a certain mobile station, to halt the next switching control of the transmission rate for said mobile station for a predetermined period of time.

3. A mobile communication control apparatus in accordance with claim 2, wherein the transmission rate switching controller sets the predetermined period of time for halting the switching control of the transmission rate for the certain mobile station in accordance with the current transmission rate and the next transmission rate to be switched to.

4. A mobile communication control apparatus in accordance with claim 2, wherein the transmission rate switching controller sets the predetermined period of time for halting the switching control of the transmission rate for the certain mobile station in accordance with the

number of remaining resources.